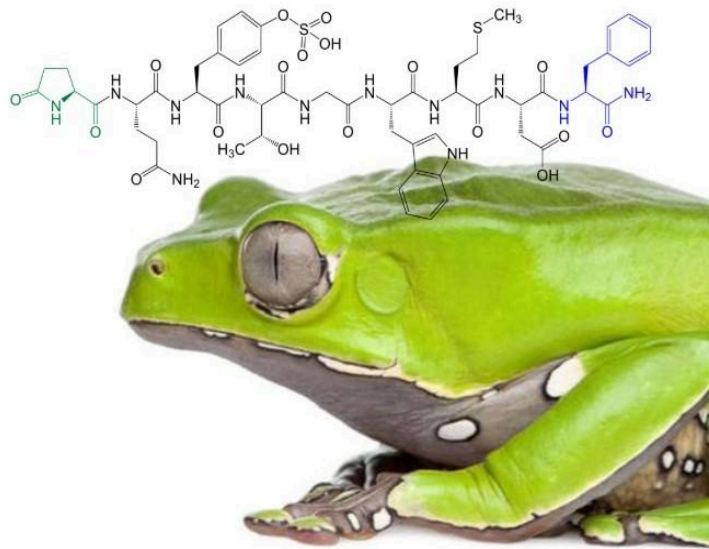


# KAMBO INFORMATION SHEET



## What Is Kambo?

A beautiful gift from Mother Nature, Kambo is the secretion of the Giant Monkey Tree Frog (*Phyllomedusa Bicolor*), which lives in the upper areas of the Amazon Rainforest. It has no natural predators. They are found in Bolivia, Brazil, Colombia, Peru, French Guiana, Suriname and Venezuela. The IUCN database lists them in the 'Least Concern' category in view of their wide distribution and large population. They are not endangered. Kambo is completely legal everywhere in the world. The only restriction that exists is in Brazil, where it is forbidden to advertise or market the health benefits of Kambo in order to restrict biopiracy

A Kaxinawá legend tells that the tribe were very ill and their medicine man (Pajé in Brazil) had done everything that was possible to cure them. All medicinal herbs known were used, but none helped. Under the effect of sacred plant medicines, he entered the forest and whilst there received a visit from the Grandmother. She brought in her hands a frog, which she took a white secretion from and taught the Pajé how to apply it. Returning to the tribe and following the guidelines that he had received, Pajé was able to cure his tribe members. After his death, his spirit lived on in the frog where it continued its mission to protect the health of those who defend the forest. The Indians continue to use its secretion to stay active and healthy. The secretion became known as Kambô after the name of the Paje (Kampu) but in some tribes it is called Sapo or Vacina da Floresta. Its usage spread and it is still used widely amongst indigenous people in the Amazon to this day although the rituals vary from tribe to tribe.

## What Is It Used For?

The use of Kambo differs amongst tribes but the main uses revolve around lifting Panema – an indigenous name for dark or negative energy and for Hunting– they believe it increases their speed and energy and it makes the hunter invisible by temporarily eliminating their human scent. They can run faster, longer, eat and sleep less for a period of time. There are many medicinal benefits including the treatment of: malaria, snake bites, fever, infections, fertility problems, inflammation, detox and strengthen the mind and body, increase energy, sexual attraction and stamina and reduce pain.

Kambo has been the subject of more than two decades of medical research. As with venoms from snakes and scorpions, researchers believe that Kambo will open up a new world of treatments for ***Chronic Fatigue Syndrome, Chronic Pain, Cancer, HIV, Parkinson's Disease, MS, Alzheimer's, Depression, Blood Pressure and Thyroid Issues, Hepatitis, Diabetes, Rheumatism, Lyme's Disease, Arthritis, Addictions*** and much more. Their work consists of attempting to identify, isolate and reproduce the incredible and unique chemical cocktail that Kambo is. It contains dozens of Peptides (short chains of amino acids), some of them bioactive, which means they have an affinity and selectivity for binding with receptor sites in humans (A receptor is like a lock that, when opened with the right key—the bioactive peptide—triggers specific chemical reactions in the body). Which means your body loves them. For those of you who want to do more research, the peptide families represented in Kambo include bradykinins (phyllokinin), tachykinins (phyllomedusin), caerulein, sauvagine, tryptophyllins, dermorphins, deltorphins and bombesins. Recent studies have shown that Kambo contains multiple antimicrobial peptides effective against drug resistant strains of bacteria, fungi, protozoa, parasites and viruses, providing opportunities for the development of new and more efficient nanotechnological-based therapies for treating infectious diseases. Several years of research by the University of Paris have shown Kambô to be super effective at killing cancer cells and Queens University in Belfast recently won an award for their ground breaking work with cancer and Kambo.

It also detoxes the liver, vascular system and the intestines. Immediate and short term effects include enhanced mood, alertness, clarity, focus, energy and increased resistance to stress, tiredness and hunger. The mind becomes still, you feel lighter and things become easier to manage. In the longer term, Kambo empowers the immune system, rousing the body's defense systems to their natural functions so that existing health problems are improved or resolved and future ones are less likely to occur. In spiritual terms, Kambo works in a mystical fashion as a light that opens the way, helping us to overcome obstacles and release blockages.

Despite the billions of pounds/euros and dollars being poured into researching and developing mainstream synthetic medication from Phyllomedusa Bicolour frog secretions, no one has yet managed to reproduce the original! You can't grow the frog in a lab either. It needs its natural habitat and diet of medicinal plants and insects of the Amazon to produce such powerful medicinal secretion. Kambo in its original, natural form is a holistic treatment that works on the mind, body, energy and spirit at all levels in sometimes mystical ways that we don't completely understand yet. The Indians are quite right to use the word 'magic' when describing this substance.

## How Is Kambo Harvested?

The frogs which are nocturnal and arboreal can be found in trees near the Igarapés (rainforest waterways) where they gather to sing and announce the rain. They are generally harvested at dawn by the Indians who also sing and imitate the frogs' song which sort of sounds like barking. The frogs climb down voluntarily, are very passive and do not react when picked up. The frogs are carefully tied by each leg with straw strings into an X shape. Sometimes a female shaman will massage the toes to encourage the secretion which is then carefully scraped off and dried on flat sticks. After it is released the frog returns to its habitat unharmed. The strings leave a tiny white line on each leg which stops anyone from harvesting the frog again until it has faded, which takes at least 3 months. The frog is never harmed but treated with utmost care and respect as the Indians believe that to harm the frog will anger the animal spirits that they live so closely with. Kambo collected in this way is considered ethically harvested.

## How is Kambo used?

Kambo should always be taken with a properly trained person administering and supervising the treatments at all times.

Kambo is intense but fast. The unpleasant effects are strong and immediate but over within 20 - 30 minutes. The dried Kambo is mixed with a small amount of water and divided into small dots. Then small points called gates are placed into the surface of the skin. The points are approximately 1/8" across. The top thin layer of skin is blistered with a hot stick and the skin is peeled off to expose the epidermis underneath – this is the same as when you have a blister and the skin rubs off. There is no blood. The number and position of the points varies from person to person depending on individual needs. The small dots of Kambo are applied to the points. It is not safe to ingest Kambo or introduce it into the bloodstream directly. The Kambo enters directly into the Lymphatic System so the effect is very fast. Most people experience a warm to hot flush on the upper body and face along with increased heart rate. At this point, different people will react in different ways. Some will feel dizzy, foggy or spaced out. Some people have swollen lips or face and slight skin tingling. The swelling usually can be avoided by positioning the body in a way where blood circulation is supported such as straightening the limbs and holding the head and body straight.. The Kambo will be racing around your body, scanning it for problems and then going directly to work on those areas. You may experience a throbbing or burning sensation in those areas for a short while. Kambo is not psychoactive so does not produce hallucinations but can produce a short altered state of reality in some people and many people receive insights and messages about living a healthier life. Then you will purge all the toxins out. This purging process works on a physical and emotional level. You may feel tired at this point and need to rest. Within a

short time – usually an hour or so you will feel much better and you can drink and eat normally. After a good night's sleep you will start to feel the real benefits.

All first time users will be tested for sensitivity before treatments. You will get a test point and we'll watch carefully how your body reacts. Your reaction along with the practitioner's experience, intuition and connection with the spirit of the medicine will determine the eventual number of points you receive. There is no set number – everyone is treated individually.

The burn marks will heal and fade with time but depending on your skin color and type you may always have small visible scars. Most people see their Kambo scars as a badge of honor. The same points can be reused after approximately 3 months. After the dots of Kambo are removed, the points can be dressed with Dragon's Blood, an Amazonian tree sap that looks just like blood and it has amazing antibacterial, antifungal and antiviral qualities. . This helps them to heal faster, scar less and ensures they stay free from infection until they scab naturally within a day or so. Please don't use any soap or the burn marks until a day or two after the treatment. Try to keep the burn marks as dry as possible. (if you're sweating for example) And don't use a jacuzzi for a day or two. If you experience unusual redness or itching, applying more Dragon's Blood (Sangre de Grado) always helps.

## Hapé and Sananga

Before the ceremony, we will offer you Hapé, a traditional shamanic snuff from the Amazon that will help you get grounded, initiate the break through of energetic blocks and will help you release. The one we use is prepared in a ceremonial way infused with many prayers and healing intentions by shamans from the Yawanawa or Katukina tribe in Brazil. The base is sacred ground mapacho tobacco leaves, different herbs, leaves, tree barks and ashes. It will clear out your sinuses, align your chakras, increase the blood flow in your brain and connect you to the spirits of the Amazon. It is also used for headaches, to cool down in heat, relax the mind, prepare for meditation and lower blood pressure. A truly magical medicine. It is applied by blowing it into your nose with a Tepi pipe.

Sananga is made from the root and/or bark of the Tabernaemontana Sananho shrub. It's a traditional eye medicine that is beneficial for inner and outer vision. It's great against astigmatism, glaucoma, cataracts, migraines, sinus issues, macular degeneration etc and will clear out your tear ducts and excessive protein around your eyes. It's also great against dry or red eyes and eye infections. And it will also help decalcify your third eye. After it's applied it will burn for about 3-10 minutes depending on how strong it is. Afterwards the vision becomes sharper, you will feel uplifted and the world will look more vibrant. This is why we offer Sananga at the end of our ceremony.

## Who Can't Take Kambo? CONTRA-INDICATIONS

Kambo has no known detrimental side effects, so when it is responsibly administered it is completely safe. However, there are very few people who cannot take it.

- Anyone who has no respect for the medicine or unable to follow directions
- Treatment will NOT be given to anyone under 18 years old
- Pregnant or breastfeeding women with babies under 6 months old (3 days of milk supply required)
- People with serious heart problems (bypass, enlarged heart) or if heart medication is needed
- People taking medication for very low blood pressure
- People who've had a stroke or brain hemorrhage
- People who've had aneurysms or blood clots
- People with serious mental health problems (depression, anxiety, mild bipolar and a few other conditions are fine, but you must inform us!)
- People undergoing chemotherapy and for 4-6 weeks before and afterwards
- People suffering from seizures or epilepsy
- People suffering from Addison's disease
- People who take immunosuppressants for an organ transplant.
- People with kidney or gallbladder stones (it can get very painful if they move)
- People who has been working with Iboga or 5Meo-DMT less than 4 weeks prior Kambo
- People who lack the mental capacity to make a decision to take Kambo

Please let me know if you're taking any medications including slimming or sleeping supplements or immunosuppressants for autoimmune disorders.

If you have low blood sugar please make sure to schedule your appointment in the morning or ask to be first if in a group session. This is important to avoid drop in blood sugar levels which could lead to fainting.

You must inform us if you have ever or are currently suffering from a mental health condition, regardless of whether or not you are taking medication.

If you're on contraceptives, please keep in mind that they might not be effective if you purge them out. So take them after the treatment or use extra caution that month!

With some health conditions Kambo makes the symptoms flare up in the days after the treatment. You might also get a slight fever or diarrhea for a day or two. This is not common but it could happen. No need to worry! Sometimes things have to get a little worse, before they get better. This is called the Herxheimer reaction. If you have Lyme's disease be prepared, you might herx. It's all worth it and part of the healing process. In any case, please inform me. If the symptoms persist unexpectedly long, please inform your doctor.

Kambo can be taken as a single treatment, or as an intensive treatment spread over several days or weeks, as a really deep cleanse. The more treatments you have, the deeper this medicine goes but everyone will benefit from a single session.

In some traditions, Kambo is also taken as a vaccine and is administered as 3 treatments over one moon cycle. The famous vacina da floresta (vaccination of the forest)

## Offerings and Pricing

Ceremonies can be hosted in my home or I can come to you for group cleanses

Each session includes

- Health assessment to ensure a safe and effective cleanse
- Initial consultation if needed
- Grounding with hape medicine -optional
- Water, blankets, pillow and mat for you to use (check in for group session about mats)
- Kambo cleanse with the intention to release all energetic and physical toxins with a guidance of live drumming and vocals
- 30 minute integration, cuddled up in blankets with sound healing/medicine music journey
- Closing circle with a cup of herbal tea and light organic snack
- 30 minute follow up call within a week of ceremony if needed

❖ Private Session \$250 first time, \$150 after

- ❖ Friends and Family 2-3 person \$177/person
- ❖ Group Ceremony 4-6 per group \$150/person
- ❖ Deep cleanse / inoculation; 3 ceremonies within the same moon cycle (this is great if you seeking help with weak immune system, deeper health issue, energetic weakness such as depression or energetic parasites) \$555

Private retreat options available upon request

All private retreats include;

- Overnight stays in our cozy home in South Austin
- Simple, private bedroom and bath with natural fiber sheets and towels
- Organic, vegan meals and filtered alkaline water and botanical elixirs to properly refuel your system
- Some at home strengthening tools such as light weights, dumbbell, steel mace, resistance bands, yoga mat and vibration plate available for your use
- Daily integration support

Base price \$1111 including 3 Kambo ceremonies

- ❖ Evaluation of your eating habits and nutritional needs, hands on cooking to teach you how to prepare earth consciences, healthy meals that fits your lifestyle and budget. \$111
- ❖ Life advancement talk therapy- a deep look at your past and current life, focusing on addressing any trauma or distortion that might hold you back from living a balanced life. Additional plant teachers and or using instruments such as medicine drum might be used to help the release. \$111-\$222
- ❖ Mayan abdominal massage for women to realign the uterus \$25
- ❖ Evening ceremony -please ask

If you are invited to participate in a cleanse, a 50% non-refundable deposit will be required in order to reserve your spot. Private appointment deposits can be transferred to future sessions if canceled at least 2 days in advance. If your cleanse is part of a retreat, 25% of your fee is non refundable.

Financial arrangements available for those who need it.

## Preparation for the Cleanse

For maximum benefits, a 3 day clean, organic plant based diet recommended with minimum salt and preferably no sugar or fried foods. If you need to eat meat, please make sure to ingest organic, humanely raised animals to avoid physical and energetic contaminants. Avoiding dairy from cattle is highly advised since it can cause mucus in the body and slow down the detox process.

Drink 2-3 liters of water a day at least 3 days prior to your cleanse to lubricate your cells. Water carries toxins out of our system. Help your body to eliminate it by creating well hydrated pathways and cells.

Please do NOT drink alcohol at least 3 days prior and after your session. Avoid pharmaceuticals if possible.

Keep in mind, you are coming to cleanse your physical and energetic body, the less toxic you are, the deeper and easier your cleanse will be.

If you are on your moon at the time of treatment, Kambo may cause the flow to increase for 24- 36 hours because it contains powerful vasodilators and you might experience additional cramping if you work with Kambo in the first two days. But it's absolutely fine as your body is already set to release on those special days.

If you are Asthmatic ensure that you have your inhaler with you. If you are Diabetic it's important to discuss your treatment in advance.

If you're booking a private treatment in your home and have a pet, please make sure you have a sitter or the pet can stay in another room alone without distracting you too much.

Also, please make sure there are no smoke detectors active where you plan to have your treatment, as the sage smoke might activate them

## Day of Cleanse

- It is required to stay off salt, all beverages and foods except water for 8- 12 hours beforehand, depends on your digestion
- Absolutely NO alcohol or recreational drugs at least 48 hours before and afterwards but 3 days highly advised.
- Wear comfortable clothing that won't cut your circulation while sitting low to the ground. Layers are best, remove tight or restrictive jewelry beforehand. Wear a short sleeve shirt if you plan to receive your gates on your arms.
- Please bring a sleeping pad, blanket and pillow - please let us know if you are unable (group sessions only)
- Do NOT drink too much water beforehand, not more than one or two cups per hour. Too much water (more than a gallon within the treatment) will mess with your electrolyte balance and bears the risk of hyponatremia!!!

You will be told when to start drinking 1.5 liters of water or cassuma (a yucca drink), approximately 5 minutes before the medicine gets applied and a little bit more during the treatment.

Give yourself some time to rest after the treatment. Even if you feel like running a marathon right away, please don't! It is your time for reflection and looking inwards.



# Aftercare

Please follow a clean and healthy diet for a minimum of 3 days after your cleanse. This will keep the healing effect of the medicine longer in your body and continue with the detox process.

Do not use any soap on the gates for at least a day and keep them as dry as possible. We will apply Dragon's blood (healing tree sap) after the treatment, which will help with the scarring and prevent them from getting infected. Please do not use the sauna or spa for a minimum of 2 days after cleanse.

There will be time to discuss further, ask questions and set intentions prior to the ceremony. Please come with honesty and an open heart and we will find the protocol that serves you the best.

Blessing, High Vibes and Grounded Love

May the frog be with you!!! ;-)

Nikoletta Dax

[KamboRevival.com](http://KamboRevival.com)